

**BRENTWOOD SEAWOLVES  
PACIFIC SWIMMING ZONE 2 LONG COURSE B/A+ MEET  
JUNE 24-26, 2016**

Enter Online: <http://ome.swimconnection.com/pc/bsw20160624>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-088**

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

**NOTICE:** By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. **The results of this meet may be posted in real time on the Internet at <http://results.teamunify.com/pcbs/bsw>.**

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**OFFICIALS:**

|  |   |
|--|---|
| <b>Meet Referee:</b> Charlie Gonzales  | <b>Head Starter:</b> David Cottam   |
| <b>Meet Marshal:</b> Anthony Busuttill | <b>Admin Official:</b> Cindy Rowland  |
| <b>Meet Director:</b> Jay Rowland      | <a href="mailto:meet.director@brentwoodseawolves.com">meet.director@brentwoodseawolves.com</a> 925-679-5294 |

**LOCATION:** HERITAGE HIGH SCHOOL POOL, 101 American Ave, Brentwood CA 94513.

**DIRECTIONS:** **From Highway 4 Eastbound:** Take CA-4 East past Pittsburg and Antioch into Brentwood, turn right on Balfour Rd then left onto American Avenue. **From Stockton / I-5:** Take CA-4 West from Stockton into Brentwood, turn left on Balfour Rd and then left onto American Avenue. **From Tracy / I-205:** Take Byron Highway (J4) north from Tracy through Byron, turn left on CA-4, then turn left on Balfour Rd in Brentwood and then left onto American Avenue. **From Livermore or Pleasanton / I-580:** Take Vasco Rd northbound towards Brentwood, (becomes CA-4 at Marsh Creek Rd) then turn left on Balfour Rd in Brentwood and then left onto American Avenue. **Once on Balfour Rd in Brentwood:** follow Balfour Rd ~3½ miles (from CA-4 intersection) westbound to American Avenue and turn left. **The student parking lot and access to the swimming pool are the first right once you are on American Ave.**

**COURSE:** Outdoor 50 meter pool with up to 7 lanes available for competition. One additional lane will be available for warm-up/cool down throughout the competition. The minimum water depth for the course, measured in accordance with Article 103.2.3, is 13'0" at the start end and 4'0" at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** The Friday session will begin at 4:30 PM with warm-ups from 3:00 to 4:15. On Saturday and Sunday the meet will begin at 9:00 AM with warm-ups from 7:30 to 8:45 AM. A special warm-up time for 8 and under swimmers only will be held from 8:45 to 8:55 AM.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may enter and compete in a **maximum of four (4)** events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the athlete's age and gender.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- **Athletes in the 800 Free and 1500 Free must provide their own timers and lap counters.**
- **Athletes in the 400 IM must provide their own timers.**

**UNACCOMPANIED ATHLETES:** Any USA-S athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USA-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA-S Club Member-Coach.

**RACING STARTS:** Athletes must be certified by a USA-S member-coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited in all areas of the meet venue.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heaters are permitted except for snack bar / meet operations.
- Deck setup is limited to officials and coaches. Space for coach setup with good visibility may be limited and teams are encouraged to share table / tent space where possible.
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.

**ELIGIBILITY:**

- Athletes must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host will check all athlete registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- Athletes in the "B" Division must have met at least the listed "B" time standard for their age group and gender. Athletes in the "A" Division must have met at least the listed "A" time standard. For 8 & Under athletes the applicable Pacific (PC) "A" and "B" standards will be used.
- Entries with **"NO TIME" will be REJECTED.**
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the open and 13-18 events for time only, no awards. Such athletes must meet any applicable time standards.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY PRIORITY:** Meet entries will not be accepted any earlier than May 21, 2016. Entries from members of "year round" Zone 2 teams postmarked or entered online by 11:59 p.m. on May 27, 2016 will be given 1<sup>st</sup> priority acceptance. Entries from members of all Zone 2 teams (year round and seasonal) postmarked or entered online between 12:00 a.m. May 28, 2016, and 11:59 p.m. June 3, 2016, will be given 2<sup>nd</sup> priority acceptance. All entries received after 12:00 a.m. June 4, 2016, from Zone 2, all other Pacific LSC Zones and other LSC's, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order that they were received.

**\*\* NOTE:** Athletes who falsify their entry form by listing a team to which they are not legitimately associated will be rejected from the meet. Further, entry fees will not be refunded and the athlete may be referred to the Pacific Swimming Review Committee for disciplinary action.

**ENTRY FEES:** \$4.00 per event plus a \$10.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/bsw20160624> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of an athlete by Pacific Swimming.** Online entries will be accepted through Wednesday, June 15, 2016 (unless meet reaches capacity prior to that date.)

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by midnight, Monday, June 13 2016, or hand delivered by 6:30 p.m. Wednesday, June 15, 2016. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should be via e-mail. Hand deliveries must be made to a BSW team representative present on deck immediately before or within the first 15 minutes of a regularly scheduled practice.

**Make check payable to: Brentwood SeaWolves**

**Mail entries to: BSW Meet Entries  
PO Box 1212  
Brentwood, CA 94513**

**Hand deliver entries to: BSW Representative on HHS Pool Deck  
101 American Av  
Brentwood, CA 94513**

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** The first eight (8) places will be awarded for 9-10, 11-12, 13-14, 15-16 and 17-18 age groups in each division (B/A). Athletes 8 & Under will be awarded in divisions PC-B and PC-A where applicable. All athletes achieving a new A time will be awarded a standard "A" medal, regardless of place achieved in the event. No awards will be given for athletes 19 years of age and older.

**Note:** Individual awards must be picked up at the meet.

**ADMISSION:** Free. A meet program will be available for a reasonable price.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

**MINIMUM OFFICIALS:** The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs who have not provided sufficient Officials in a day of the meet, in accordance with the table below, will be fined \$100 per missing Official per day.

| Number of athletes entered in meet per club per day | Number of trained and carded officials required |
|---|---|
| 1-10  | 0   |
| 11-25   | 1   |
| 26-50   | 2   |
| 51-75   | 3   |
| 76-100  | 4   |
| Every 20 Athletes over 100                          | +1  |

## EVENT SUMMARY

| FRIDAY    | SATURDAY   |        |           | SUNDAY     |        |           |
|-----------|------------|--------|-----------|------------|--------|-----------|
| 11 & Over | 10 & Under | 11-12  | 13 & Over | 10 & Under | 11-12  | 13 & Over |
| 400 IM    |            | 200 BK | 200 BK    | 200 FR     | 200 FR | 200 FR    |
| 1500 FR   | 100 FL     | 100 FL | 100 FL    | 100 BK     | 100 BK | 100 BK    |
|           | 50 BK      | 50 BK  |           | 100 BR     | 100 BR | 100 BR    |
|           | 50 BR      | 50 BR  |           |            | 200 FL | 200 FL    |
|           |            | 200 BR | 200 BR    | 50 FL      | 50 FL  |           |
|           | 100 FR     | 100 FR | 100 FR    | 50 FR      | 50 FR  | 50 FR     |
|           | 200 IM     | 200 IM | 200 IM    |            |        |           |
|           | 400 FR     |        |           | 800 FR     |        |           |

## EVENTS

| Friday, June 24, 2016 |                       |         |
|-----------------------|-----------------------|---------|
| EVENT #               | EVENT                 | EVENT # |
| 1                     | 11 & Over 400 I.M. ** | 2       |
| 3                     | 11 & Over 1500 Free * | 4       |

| Saturday, June 25, 2016 |                      |         |
|-------------------------|----------------------|---------|
| EVENT #                 | EVENT                | EVENT # |
| 5                       | 11-12 200 Back       | 6       |
| 7                       | 13 & Over 200 Back   | 8       |
| 9                       | 10 & Under 100 Fly   | 10      |
| 11                      | 11-12 100 Fly        | 12      |
| 13                      | 13 & Over 100 Fly    | 14      |
| 15                      | 10 & Under 50 Back   | 16      |
| 17                      | 11-12 50 Back        | 18      |
| 19                      | 10 & Under 50 Breast | 20      |
| 21                      | 11-12 50 Breast      | 22      |
| 23                      | 13 & Over 200 Breast | 24      |
| 25                      | 11-12 200 Breast     | 26      |
| 27                      | 10 & Under 100 Free  | 28      |
| 29                      | 13 & Over 100 Free   | 30      |
| 31                      | 11-12 100 Free       | 32      |
| 33                      | 10 & Under 200 I.M.  | 34      |
| 35                      | 13 & Over 200 I.M.   | 36      |
| 37                      | 11-12 200 I.M.       | 38      |
| 39                      | Open 400 Free +, **  | 40      |

| Sunday, June 26, 2016 |                       |         |
|-----------------------|-----------------------|---------|
| EVENT #               | EVENT                 | EVENT # |
| 41                    | 11-12 200 Free        | 42      |
| 43                    | 13 & Over 200 Free    | 44      |
| 45                    | 10 & Under 200 Free   | 46      |
| 47                    | 11-12 100 Back        | 48      |
| 49                    | 13 & Over 100 Back    | 50      |
| 51                    | 10 & Under 100 Back   | 52      |
| 53                    | 11-12 100 Breast      | 54      |
| 55                    | 13 & Over 100 Breast  | 56      |
| 57                    | 10 & Under 100 Breast | 58      |
| 59                    | 11-12 200 Fly         | 60      |
| 61                    | 13 & Over 200 Fly     | 62      |
| 63                    | 10 & Under 50 Fly     | 64      |
| 65                    | 11-12 50 Fly          | 66      |
| 67                    | 13 & Over 50 Free     | 68      |
| 69                    | 10 & Under 50 Free    | 70      |
| 71                    | 11-12 50 Free         | 72      |
| 73                    | Open 800 Free +, *    | 74      |

+ Athletes entering the Open 400 Free and Open 800 Free must have achieved the B time for this event in their age group.

\* Athletes entering the 800 Free and 1500 Free must provide their own timers and lap counters.

\*\* Athletes entering the 400 IM and 400 Free must provide their own timers.

Time standards are located on the Pacific Swimming web site at:

<http://www.pacswim.org/swim-meet-times/standards>

| Pacific Swimming – Hosted by Brentwood SeaWolves<br>Long Course B/A+<br>June 24-26, 2016<br>Consolidated Entry Form  |                   |  |                 |  |  |            |            |  |                |  |  |  |  |
|--|-------------------|--|-----------------|--|--|------------|------------|--|----------------|--|--|--|--|
| Name: Last,  |                   |  | First           |  |  |            | Middle     |  |                |  |  |  |  |
| Club Abbr.   |                   |  | UNATT TEAM ABBR |  |  |            | Club Name  |  |                |  |  |  |  |
| Age  |                   |  | Date of Birth   |  |  |            | Sex<br>M F |  | LSC – (PC, SN) |  |  |  |  |
| USA-#  |                   |  |                 |  |  |            |            |  |                |  |  |  |  |
| Event #  | Distance / Stroke |  |                 |  |  | Entry Time |            |  | Circle one     |  |  |  |  |
|  |                   |  |                 |  |  | : .        |            |  | SCY / LCM      |  |  |  |  |
|  |                   |  |                 |  |  | : .        |            |  | SCY / LCM      |  |  |  |  |
|  |                   |  |                 |  |  | : .        |            |  | SCY / LCM      |  |  |  |  |
|  |                   |  |                 |  |  | : .        |            |  | SCY / LCM      |  |  |  |  |
|  |                   |  |                 |  |  | : .        |            |  | SCY / LCM      |  |  |  |  |
|  |                   |  |                 |  |  | : .        |            |  | SCY / LCM      |  |  |  |  |
|  |                   |  |                 |  |  | : .        |            |  | SCY / LCM      |  |  |  |  |
|  |                   |  |                 |  |  | : .        |            |  | SCY / LCM      |  |  |  |  |
|  |                   |  |                 |  |  | : .        |            |  | SCY / LCM      |  |  |  |  |
|  |                   |  |                 |  |  | : .        |            |  | SCY / LCM      |  |  |  |  |
| # of entries _____ x \$4.00 = \$ _____<br>Participation Fee        \$ 10.00<br>Total                        \$ _____ |                   |  |                 |  |  |            |            |  |                |  |  |  |  |
| Coach  |                   |  |                 |  |  |            |            |  |                |  |  |  |  |
| Athlete's Address  |                   |  |                 |  |  |            |            |  |                |  |  |  |  |
| Home Phone   |                   |  |                 |  |  |            | Cell Phone |  |                |  |  |  |  |
| Email  |                   |  |                 |  |  |            |            |  |                |  |  |  |  |